

Peanut Butter Muffins

Rating: ★★ ★

Makes: 12 servings

Ingredients

3/4 cup peanut butter (chunky)
2 tablespoons honey
2 egg
1 cup milk
1 1/2 cups flour
1/2 cup cornmeal
3 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt

Directions

1. Preheat the oven to 375 degrees.
2. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).
3. Put the peanut butter and honey in a mixing bowl. Beat until well blended.
4. Add the eggs 1 at a time, beating well after each egg.
5. Add the milk, and mix well.
6. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don't stir them too much.
7. Fill each muffin cup 2/3 full.
8. Bake for 20 to 25 minutes until golden brown.
9. Put on a wire rack.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 220 | |
| Total Fat | 9 g | 14% |
| Protein | 8 g | |
| Carbohydrates | 28 g | 9% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 1.5 g | 8% |
| Sodium | 280 mg | 12% |

10. Cool for at least 10 minutes before serving.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes